



**Upcoming Event Sites and Dates**  
**Hampton, VA**  
**May 6 - May 13, 2006**

**The Games depend on volunteers to make the week successful for veterans!**

Life begins at 55 for the participants at the National Veterans Golden Age Games, who compete by age group in ambulatory, wheelchair and visually impaired divisions. Events like bicycling and swimming are fast-paced, visually exciting competitions. Because social interaction is also an important factor for aging Americans, these veterans also enjoy the opportunity to visit area attractions and have fun at a variety of social events like dancing, music and entertainment.

Gold, silver and bronze medals are presented in Olympic-style fashion, with lots of fanfare and celebration. The National Veterans Golden Age Games are now a qualifier in several events for the National Senior Games, a member of the United States Olympic Committee.

*The National Veterans Golden Age Games are sponsored by:*



Department of Veterans Affairs



Veterans of Foreign Wars  
and Ladies Auxiliary



Veterans Canteen Service



### **Volunteering at the Games**

- ★ Meals
- ★ Transportation
- ★ Site Set-up
- ★ Scoring
- ★ Timing
- ★ Photography
- ★ Water Distribution

### **Volunteering at a Local VA Medical Center**

- ★ Donations
- ★ Fundraising
- ★ Sponsor a local veteran to attend the Games

Started in 1985, the National Veterans Golden Age Games have encouraged thousands of older veterans to remain active, physically and mentally. This event demonstrates that sports and fitness are important for all Americans at any age. The Games are a national showcase for the preventive and therapeutic value of sports, fitness, and recreation- all vital ingredients in VA's extensive rehabilitation programs.

Because physical activity and friendly competition engage the mind as well as the body, recreation therapy fills a special need in the lives of older patients at VA facilities nationwide. VA research and clinical experience verify that staying active is especially important for older people's health, recuperation, and quality of life for older people. The National Veterans Golden Age Games encourage VA patients over the age of 55 to make physical activity a central part of their lives.

Competitions at the Games include bicycling, golf, swimming, horseshoes, shot put, and others.